

P R E S S R E L E A S E

FOR IMMEDIATE RELEASE

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HEALTHY AND FUN ACTIVITIES FOR YOUTH OVER THE SUMMER

SHASTA COUNTY – Are you a middle school student, or parent of one, looking for fun and healthy activities over the summer? Look no further than the Summer Fun Challenge Passport!

The youth alcohol and drug prevention program at Shasta County Health and Human Services Agency - Public Health, in conjunction with Healthy Shasta, has created a passport with 10 different challenges geared toward helping youth stay active, healthy, and drug-free during the summer break. Exploring the farmers market, hiking trails, and picnicking at a local park with friends are just a few of the fun challenges. All activities encourage participants to increase physical activity, build stronger social connections and practice healthy behaviors.

To download your free 2022 Summer Fun Challenge Passport, visit www.thinkagainshasta.com/activities/. You can also pick up a copy at the Redding or Anderson library today! This challenge ends August 15, 2022, so make sure to submit your passport with as many challenges checked off as you were able to complete to be entered into a free drawing.

Participants are eligible for the grand prize — a new Hydro Flask water bottle and a two-hour pass for a kayak or stand-up paddle board rental of their choice at Whiskeytown Marina Trailer at Brandy Creek Beach or Burney Falls State Park. Prizes are provided by Healthy Shasta. For any questions, please contact AODPrevention@co.shasta.ca.us or call 530-229-8497.

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